

FRIED RICE WITH CHICKEN

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Ingredients:

- 3 cups cooked rice (preferably a day old)
- $\frac{3}{4}$ boneless chicken breast, diced
- 1 tablespoon sesame oil
- 1 tablespoon canola oil
- 1 $\frac{1}{3}$ cup frozen peas and carrots
- 3 green onions, chopped
- 2 cloves garlic, minced
- 2 large eggs
- 3 tablespoons low-sodium soy sauce
- Salt and pepper, to taste
- Chili sauce (optional)

Directions:

- Using a non-stick wok pan, heat a teaspoon of sesame oil and a teaspoon of canola oil over medium-high heat. Once hot, add in chicken and sauté until cooked through. Transfer cooked chicken to a plate and set aside.
- Return wok pan to heat and add remaining sesame and canola oil. Add peas, carrots and green onions; sauté for about a minute before adding in garlic. Sauté for an additional minute.
- Push veggies to edge of the pan and scramble eggs in center.

- Return chicken to wok pan with rice. Add in soy sauce and season with salt and pepper to taste.
- Serve with chili sauce (optional).
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.